

Iowa Department of Human Services

Offer #401-HHS-013: Mental Health and Disability Services

Contact Information: Allen Parks, Division Administrator – aparks@dhs.state.ia.us; (515) 281-0377

This offer is for:		This offer includes the following appropriations:
	New activity	Property Tax Relief; MHDD Community Services; MHDD
X	Status quo existing activity	Allowed Growth; POS Provider Increase; State Payment Program; Mental Health Safety Net Services (NEW);
	Improved existing activity	General Administration

Result(s) Addressed:

- Improve the array of community services and supports so more people can stay in their community rather than entering institutions
- Strengthen and support families
- Safe and healthy living environment for persons with special needs and vulnerable populations
- Community-Based services for persons with special needs and vulnerable populations
- Ensure a consistent assessment of need and a more uniform identification of the specific services and/or supports each person needs to continue to live in the location of their choice

Program Description:

Who:

Children and adults with mental illness, mental retardation, developmental disabilities, and brain injury are served through these funds. Each county establishes eligibility criteria for services in their county. The number of people served through the counties in SFY 2007 was approximately 52,567. The sources that fund Iowa's disability service system are approximately: Federal 42%, State 38%, and County 20%.

Adult Services

In Iowa, most of the mental health and disability services for adults are managed directly by the counties. Services are funded through a combination of county, federal and state funding. These services include a range of treatment, vocational, residential and support services. A key goal is to enable persons to remain in their community and to live as independently as possible. The Division of Mental Health and Disability Services (MHDS) distributes the state funding for mental health and disability services to adult persons with mental health, mental retardation, developmental disabilities and brain injury.

In addition, mental health services are supported with Federal mental health block grant funds of approximately \$3.5 million. These funds are used to fund pilot projects, evidence-based practices, training, and consulting services. And in SFY 2009, using a 6-month appropriation of \$1.5 M, grants

will be awarded to begin to establish a statewide mental health crisis service safety net system for persons in crisis. The goal for these services is to coordinate and align community-based services, address service gaps in order to respond appropriately to persons in crisis and reduce their risks helping them remain in their homes or communities, and avoid the need for unnecessary hospitalization or higher level of services.

Children's Services

Mental health services are highly variable and limited throughout the state for children. Presently some treatment and support services are provided by counties through local providers or through the Medicaid program. Beginning in January 2009, a \$500,000 appropriation will be used to foster development of local community-based systems for children and youth with mental health disorders. Federal SAMHSA grant funds will continue to support a "Circles of Care" project in ten northeastern Iowa counties. The Division has submitted an application for a second grant to begin a similar systems change project in 9 additional counties in central and southeastern Iowa and awaits a decision from SAMHSA on approval of the project.

Response to Iowa's Natural Disasters

The multiple natural disasters that occurred in Iowa in late May of 2008 had a tremendous impact on the mental health needs of the state and demanded an immediate coordinated statewide response. MHDS immediately responded with direct counseling and debriefing sessions for emergency responders. In addition, MHDS applied for several FEMA grants to provide immediate, 60 day and longer-term assistance and in doing so established *Project Recovery Iowa*. Project Recovery Iowa includes a statewide crisis hotline via the Iowa Concern Hotline with Iowa State University Extension for counseling and referral to local resources. In addition, MHDS contracted with seven community provider agencies to provide crisis mental health assistance in 29 target counties for up to 60 days. These agencies have added 70 additional crisis response counselors from diverse backgrounds who have been trained to do outreach and crisis counseling to persons in their local areas. Key results as of early August:

- At least 8,600 people had brief contact with counselors
- Over 1,600 people were counseled for a total of 10,500 in-person contacts
- More than 5,400 callers received assistance from counselors staffing the Iowa Concern Hotline
- Over 25,000 pieces of educational material have been distributed
- More than 2,000 people heard counselors give presentations at meetings arranged by counselors or others

MHDS staff continue to spend significant time supporting local and state level efforts through the provision of technical assistance, consultation, education and training.

How:

Adult Services

- DHS allocates funding from four appropriations (Property Tax Relief, MHDD Allowed Growth, MHDD Community Services and State Payment Program) to counties according to a formula established by the Legislature in the DHS appropriation. These funds are placed into the county's MHDD Fund, along with funds raised by the county through property taxes. These funds are dedicated to adults who have mental health and disability service needs. Counties do not manage mental health and disability services for children and youth.

- Each county submits policies and procedures for MHDS review, approved by the Director of DHS, which identify: the services each county makes available, the eligibility criteria for who they serve, application and appeal processes, eligible providers and payment rates, etc.
- Services are coordinated through county Central Points of Coordination for adults who have legal settlement in a county.
- The county pays for services from the MHDD Fund, including the cost for institutional services, the non-Federal match for Medicaid funded services where that match is the responsibility of the county of legal settlement, and for services the county directly contracts from community providers.
- DHS determines eligibility and coordinates services to individuals on Medicaid waivers.

In addition to these services, MHDS emphasizes achievement of results and the use of evidence-based and promising practices with the federal mental health services block grant funding to community mental health centers. These practices are being systematically introduced across the State while implementing a contract to collect outcome information from each agency. Outcome information will be used to improve the quality of services for persons with mental health and disability needs. MHDS has contracted with *Telesage* for a consumer outcomes measurement system to be implemented statewide over the next several years

Children's Services

Although, as previously stated, there are scattered mental health services currently available to children including services under the Medicaid SED waiver, this is an area in need of major development. One of the key gaps is the absence of a system of care designed to provide access to necessary services to enable children to live with their families and remain in their own community. In SFY 2007, Iowa received its first Federal SAMHSA grant to fund a system of care project in a 10 county area in northeast Iowa. This project is coordinated through the Child Health Specialty Clinics and is based upon the value of coordinating and linking existing services and involving families in the determination of how best to meet their child's needs. Today Iowa has one children's system of care project which is a jointly Federal/state funded. If approved, this will be expanded in FY 2009 with funding for a 2nd project. In addition, in SFY 2009, MHDS will implement state funded Systems of Care grants.

Support for Quality Services

The MHDS continues to develop other quality services for consumers and families throughout the state:

- Continued accreditation and survey activities for targeted case management, supported community living, intensive psychiatric rehabilitation, community mental health centers and other mental health providers
- Support and technical assistance to designated providers regarding the implementation of evidence-based practices
- Provided technical assistance and consultation to counties, providers, consumers, families and other stakeholders related to policies, data, resources, reporting systems, and other related information and assistance regarding the mental health and disability system
- Coordinated and monitored activities across Iowa state agencies that affect Iowans with disabilities
- Provided or coordinated training events to enhance capacity in targeted areas identified through system planning efforts (i.e., Mental Health First Aid Train the Trainer program).
- Established an Acute MH Care System Workgroup formed with other departments/agencies.

- Coordinated with the Annapolis Coalition in the completion of the Behavioral Health Workforce System review
- Submitted an earmark-funding request for the Behavioral Workforce Recruitment and Retention.
- Offered Functional Assessment Training to providers
- Developed a Co-Occurring Disorders Pilot Project
- Developed and submitted a 2nd Children's System of Care Mental Health grant application
- The MHDS received a \$100,000 Technical Transformation Initiative awarded by NASMHPD to provide training to providers on acute care systems development, functional assessments and mental health first aid.
- Received a Data Infrastructure Grant from SAMHSA to improve utilization reporting.
- Awarded an Outcomes Measurement System contract to *Telesage* to measure SAMHSA-mandated consumer satisfaction.
- Drafted a multi-year MHDS strategic plan

Offer Description:

Today's Activities and Results:

Service Funding

This offer includes four appropriations, which are allocated to the counties on a formula basis and used for services to adults.

- Property Tax Relief funds
- MHDD Allowed Growth
- MHDD Community Services funds
- State Payment Program
- MHDS Allowed Growth - Risk Pool Funds. The 2008 Legislature appropriated \$1,000,000 to the MHDS Allowed Growth Fund for the Risk Pool; this offer sustains that funding.

Statewide Emergency Mental Health Crisis Service Safety Net

- The purpose of these funds is to develop a comprehensive, statewide emergency mental health crisis service (EMHCS) safety net system, for all Iowans who are in crisis or having an acute psychiatric episode, which may increase the risk of serious, negative life events. This will enable an individual to reduce risks before they become actualized and to remain in their communities as functioning members.
- The program will start in January 2009 with a \$1.5 million appropriation. It is estimated that up to 5 entities will be selected to begin this endeavor.
- This request will annualize the amount for the recipients.

Children's System of Care Initiative

- In the last session, the legislature appropriated \$500,000 for six months of funding. The current service level request seeks \$1,000,000 for 12 months funding for this project. State funds are dedicated to the development of local community-based Systems of Care by establishing a lead agency at the local level responsible for directly meeting or coordinating the mental health and other service needs of children and youth with mental health disorders at the local level. The state-funded local Systems of Care projects include school based/mental health collaborations and coordinating mental health services with the services of other involved agencies such as child welfare, court services, juvenile justice, health care, inpatient/residential treatment, and others. By 2010, the state funded projects will have been implemented in two regions of the

state. Continued funding is necessary to maintain the annualized current service level of projects implemented in FY 2009.

- This offer also provides necessary state funding to match \$1.6M in Federal funding in a Children's System of Care grant in 10 counties in NE Iowa. This grant is the continuation of the Federal Substance Abuse and Mental Health Services Administration grant entitled "Circles of Care" which was awarded in SFY 2007. The project has served over 300 children since SFY 2008 and is projected to serve 500 in SFY 09 and 700 in SFY 10.

In addition this offer continues the General Administration funding in support of the work of the division and the Commission.

Offer Justification:

Legal Requirements:

Federal:

Title XIX of the Social Security Act and the Community Mental Health Block Grant guidelines; SAMHSA System of Care match requirements

State:

Iowa Code, sections 331.424A, 331.438-440, and 225C

Rationale:

As DHS continues the development of a system that mirrors the recommendations of the *President's New Freedom Commission*, DHS will improve the quality of life of all Iowans, not just those in poverty.

Access to Quality Care

This offer will result in improved health for Iowans with disabilities. The services and activities provided under these appropriations (and combined with county property taxes) offer a wide variety of services that address the multiplicity of needs presented by Iowans. Included in this array are an emergency mental health safety net, children's mental health services, services for individuals with co-occurring disorders and workforce development. Through the use of evidence-based practices, functional assessment measures and clinical functional outcomes systems, this funding insures that those most economically disadvantaged have access to quality care as it supports them living in the community. The system will continue to value the delivery of services as close to where the consumer lives (in the community) as possible and continue the reduction of congregate delivery to the degree that safe and reliable options are available. Systems improvements support and encourage the use of continuous quality improvement activities, functional assessments, and consumer outcomes measures.

Improved Quality of Life

In addition to access to quality care for all Iowans with a disability, these funds will also help assess and improve the quality of life of Iowans with a disability. By providing services that encourage appropriate family involvement and support people staying and living at home, the quality of life within the system will continue to improve for everyone. Evidence-based, competency-based training of clinicians and direct care staff focuses on the goal of improved quality care in programs and facilities.

Safe and Healthy Living Environment for persons with special needs and vulnerable populations

These same services will improve the safe and healthy living environment as DHS does individual planning and service development rather than one service fits all.

Community-Based Services/ Mental Health Safety Net Services for persons with special needs and vulnerable populations

Coordinating services for children and adults in crisis, in need of emergency mental health crisis services or services for co-occurring mental health and substance abuse disorders services helps these consumers live in the community rather than in congregate, institutional or correctional facility settings.

Results:

One measure of our success will be the number of people served by all of Iowa's counties. The counties report this information to DHS on December 1st of each year for the prior fiscal year.

Numbers Served throughout State: (Estimate using actual SFY 2005)

Result	SFY 2007 Actual	SFY 2008 Projected	SFY 2009 Offer	SFY 2010 Offer
Number of people served by counties.	52,567	53,234	53,901	53,901

Emergency Mental Health Safety Net Projections:

Result	SFY 2009 Projected	SFY 2010 Projected
Number of Emergency Crisis Grants awarded	5	5 -10
Number of emergency room diversions	5% of Encounters	10% of Encounters
Number of crisis service encounters	500	1500
Client satisfaction	50% Satisfaction	5% Satisfaction Increase

Children's System of Care Grant

Result	SFY 2009 Projected	SFY 2010 Projected
Number of children and adults served	500	700
Number of out of home placements avoided	5%	10%
Client satisfaction	50% Satisfaction	5% Satisfaction Increase